

Pork

Southwestern-Style Baby Back Ribs

Heinz Ketchup

Servings: 6

Preparation Time: 15 minutes

Cook time: 2 hours 30 minutes

2 lemons

2 cups ketchup

2 tablespoons molasses

2 teaspoons ground chipotle chile pepper

1 teaspoon dried oregano leaves

3 pounds baby back ribs

1 cup onion, thinly sliced

2 cloves garlic, sliced

3 cups ginger ale

1 teaspoon cumin

Preheat oven to 350 degrees.

Combine juice from the lemons, ketchup, molasses, chipotle pepper, cumin and oregano in a small bowl.

Measure out 1/2 cup of the sauce mixture and brush ribs all over. Place ribs in a roasting pan.

Scatter lemon slices over the ribs. Sprinkle with onion and garlic. Add ginger ale and cover tightly.

Place ribs in oven and cook for 1 1/2 hours or until very tender.

Cook ribs in the liquid for about 25 minutes.

Preheat grill to medium-high and grease lightly.

Remove ribs from the roasting pan. Discard contents of roasting pan.

Place ribs on the grill. Cook, turning and basting often with the remaining sauce, for 8 to 10 minutes or until well glazed.

Per Serving (excluding unknown items): 160 Calories; trace Fat (2.3% calories from fat); 2g Protein; 42g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 962mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 2 1/2 Other Carbohydrates.